

ABSTRACT OF THE DISCLOSURE

A fastening device on pedals of exercisers includes a first belt having an end connected to an end of the pedal and a lock assembly is connected to the other end of the first belt. The lock assembly includes a base and a pawl which is
5 pivotably connected between two side walls of the base. A torsion spring is connected between the pawl and the base. First teeth are defined in an end of the pawl. A second belt has an end connected to the other end of the pedal and the other end of the second belt is inserted between the base and the pawl. Second teeth are defined in a side surface of the second belt and engaged with the first teeth. The first
10 teeth are disengaged from the second teeth 212 by pivoting an operation end of the pawl such that the second belt can be quickly and conveniently adjusted to a desired position.